

Anti-histamines (continued)

3. Loratadine (Claritin, generic brands)
 - Pros: Non-drowsy, great for daytime use
 - Cons: May cause dry mouth
4. Fexofenadine (Allegra, generic brands)
 - Pros: Also non-drowsy
 - Cons: May cause dry mouth

Eye Drop Anti-histamines

1. Ketotifen (Alaway, Zaditor)
 - Pros: Excellent for red, itchy eyes
 - Cons: Doesn't help the other symptoms

Nasal Spray Anti-histamines

1. Azelastine (Astelin, Astepro)
 - Pros: Faster action, targets symptoms directly
 - Cons: May cause headaches, nasal burning, sneezing, and nosebleeds
2. Olopatadine (Patanase)
 - Pros/cons: Same as Azelastine

Corticosteroids

Corticosteroids are the strongest over the counter treatments available for people suffering from allergies. They should only be used if the above treatments have failed.

Corticosteroids come in two varieties: nasal sprays and oral pills. The pills will not be discussed here.

Nasal Corticosteroids

All of these drugs have excellent symptom relief but users may not see any effect until up to 2 weeks after starting the drug. They may cause nosebleeds, dry nose, or sneezing.

Types of Nasal Corticosteroids

1. Triamcinolone Acetonide (Nasacort)
2. Fluticasone (Veramyst, Flonase)
3. Mometasone Furoate Monohydrate (Nasonex)
4. Budesonide (Rhinocort)

Generic Vs. Brand Names

Generic medications are required by law to have the same amount of the same active ingredient as a brand name medication (for example Allertec vs. brand name Allegra). This means that often you can get the same drug for a cheaper price if you use a store's generic medicine instead of a drug company's brand name medicine.

If Treatment Fails

Unfortunately, not everyone responds to treatment in the same way. If symptoms continue after trying these medications it may be time to schedule a visit with an Allergist, a doctor trained specifically to deal with difficult allergies.

If you need help locating an Allergist, contact your primary care physician or visit online www.ACAAI.org

Allergies

How to Approach a Seasonal Problem

THE
University of Vermont
MEDICAL CENTER



What are Allergies?

Seasonal Allergies (a.k.a. Allergic Rhinitis) are a condition where a particular molecule, or allergen, triggers your body's immune system.

They can be caused by many different things but the most common allergens in Vermont are:

- Animal dander
- Tree pollen (April through June)
- Grass (May through July)
- Ragweed (August and September)
- Dust Mites
- Cockroaches

What can I do to Prevent Allergies?

- Keep windows and doors closed during the months when allergens are high
- Clean mold with bleach
- Use HEPA filters for small allergens like mold, pollen, animal dander
- Avoid animal contact (there is no such thing as a hypoallergenic animal)
- Clean clothes and bedding regularly to rid it of dust mites

	Seasonal Allergies	Common Cold	Bacterial Sinus Infection
What it feels like	<ul style="list-style-type: none"> • Sneezing • Stuffy nose with watery mucous • Red, itchy eyes • Sore throat (from draining mucous) 	<ul style="list-style-type: none"> • Muscle/joint aches • Temperature less than 100.5 F • Cough • Stuffy nose with yellowish mucous • Sore throat 	<ul style="list-style-type: none"> • Very bad headache (especially above and below the eyes) • Pain in the teeth • Fever above 100.5 F • Stuffy nose with green mucous
How it begins	Starts within minutes of contacting an allergen	Symptoms begin over 1-2 days and peak by 3-4 days	Usually develops within 1 day after recovery from a common cold
How long it lasts	As long as you are in contact with the allergen	Usually lasts a week but some symptoms like the cough can persist longer	Over 10 days but most resolve within 4 weeks without antibiotics (consult your doctor if symptoms persist past 10 days)

Treatment Options

Nasal rinses

The only non-drug treatment recommended for runny noses, nasal rinses are a good first option for people whose main concern is a stuffy nose. But do make sure to follow the directions closely!

Anti-histamines

These are usually the first medicines used for mild to moderate allergy symptoms. They come in three varieties: oral pills, eye drops, and nasal sprays.

Oral Anti-histamines

1. Diphenhydramine (Benadryl, generic brand)
 - Pros: Fast acting, good choice for night time allergies
 - Cons: Will make you sleepy!
2. Cetirizine (Zyrtec, generic brands)
 - Pros: Less sleepiness than diphenhydramine
 - Cons: Will still make you sleepy!

(Continued on back)

For more Information

More drug and Allergy Info
Visit online: www.AAAAI.org or
www.ACAAI.org

Pollen Counts: www.TLAAA.org
Timberlane Allergy and Asthma

Questions or Concerns?
Call your doctor!